The hang clean is used in many strength and conditioning programs as a substitute for the clean from the floor position. By using the hang clean, the athlete is able to begin the second pull from a stable and ready position, which may not exist when pulled from the floor.

This is an excellent lead-in exercise to teaching the clean from the floor, or a good alternative to the clean from the floor for an athlete with technique problems. Also, postural mechanisms, such as long legs with inflexibility in the ankles and hips, may prevent an athlete from attaining a solid, crouched starting position with hips close to the bar and shoulders over the bar for the clean from the floor.

The hang clean is a total body exercise that develops functional athletic power through the coordinated use of the entire body system. Using the kinetic chain to transfer the force from the initial hip and leg drive to the upper body. Straps may be used to help grip the bar, but grip development will be compromised.

**Exercise Description**

The athlete should begin with shins touching the bar, feet shoulder-width apart and hands gripping the bar outside the legs. The bar is deadlifted to a fully extended position, without touching the thighs. The arms should be straight, and the feet should be flat on the platform.

The athlete dips slightly while bending forward at the waist, so that the shoulders are slightly in front of the bar. The back remains flat while the bar is lowered until it reaches knee level. The bar is pulled explosively in a vertical direction, keeping it as close to the body as possible. This is synchronized with the legs extending in a jumping action as the lifter rises onto the toes, with an explosive contraction of the trapezius muscles. The upward movement ends by pulling on the bar with the arms. (Note: Use the arms not to pull the bar up, but to pull the body down into the receiving position.) Keep the elbows pointing up and out perpendicular to the bar.

The bar is racked onto the front of the shoulders by rapidly rotating the elbows around and under the bar, keeping the elbows up and the knees slightly dipped to absorb the weight. Stand upright, keeping the elbows pointed high, torso rigid, back slightly arched and chest high. Return the bar to the starting position by dropping the elbows down and out to the side and allowing the bar to rotate forward, catching the bar across the thighs. Then the lifter stands up straight until the bar is at arm length, and begins the next repetition.

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C.S.C.S.
COACHES' SCHOOL

STRENGTH EXERCISE

The Hang Clean

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